

LYONS COACHING

THE CLIENT DISCOVERY & TRANSFORMATION TOOLKIT

UNLOCKING YOUR NEXT CHAPTER

Welcome! Real personal growth doesn't begin with rigid rules—it begins with honest self-awareness, curiosity, and intentional reflection. This custom toolkit is designed to serve as a bridge between where you are today and the vision you hold for your life, relationships, and self-expression.

Set aside 20–30 quiet minutes with a cup of tea or coffee, review these exercises with an open mind, and write down whatever comes up naturally. We will use these insights as the foundation for our coaching work together.

THE INNER COMPASS & RESPONSE ARCHETYPE SELF-QUIZ

We all fall into default operational patterns when under stress or facing important decisions. Read the four communication & response profiles below and check the statements that reflect your natural tendencies.

ARCHETYPE A: THE OVER-FUNCTIONER	ARCHETYPE B: THE INNER CRITIC / PERFECTIONIST
The Fixer & Caretaker Focuses heavily on managing external situations and other people's emotional states, often at the expense of personal boundaries. ☐ I jump in to solve problems before being asked. ☐ I feel responsible for maintaining harmony around me. ☐ Saying "no" causes me immediate guilt.	The High Standard Guard Holds an internal bar so high that taking action feels daunting unless success is guaranteed. ☐ I hesitate to launch new projects until everything is perfect. ☐ I tend to focus on what went wrong rather than what went right. ☐ I harbor a strong fear of making visible mistakes.
ARCHETYPE C: THE CONFLICT-AVOIDER	ARCHETYPE D: THE VISIONARY SEEKER
The Peacekeeper Prioritizes keeping the water smooth, often suppressing personal truth or desires to avoid tension. ☐ I withhold my true opinions if I sense disagreement. ☐ I put off difficult conversations for as long as possible. ☐ I minimize my own needs to accommodate others.	The Expansion Driver Constantly seeking growth and depth, but can feel restless or ungrounded without structured follow-through. ☐ I am full of creative ideas but struggle with consistency. ☐ I crave deeper purpose and meaningful connections. ☐ I feel stuck when routine becomes monotonous.

Reflection: Which profile(s) felt most familiar to you? How has this pattern served you in the past, and where has it held you back?

THOUGHT EXERCISE: THE ALIGNMENT & ENERGY AUDIT

Energy is our most vital resource. Complete the two columns below by identifying what currently drains your reservoir versus what restores and fulfills you.

ENERGY LEAKS & FRICTION

(Unspoken conflict, misaligned habits, toxic environments, lack of boundaries)

ENERGY GENERATORS & JOY

(Creative expression, honest connection, movement, solitude, learning)

COMMUNICATION & CONNECTION INQUIRY

Healthy, fulfilling relationships require authentic communication and clear personal boundaries. Reflect on your current interpersonal landscape:

- What is one truth or need you have been hesitating to express in an important relationship?

- Where in your life do you feel you are currently over-extending or saying "yes" when you really mean "no"?

PRACTICAL HANDOUT: THE RADICAL CLARITY FRAMEWORK

Keep this 4-step mental model nearby during moments of self-doubt, conflict, or transition.

STEP 1 • AWARENESS

Name the Reality: Strip away judgment or emotional spiraling. What are the raw, unedited facts of the situation right now?

STEP 2 • OWNERSHIP

Identify Your Sphere of Influence: What parts of this scenario are within your direct control (your choices, reactions, words), and what parts belong to others?

STEP 3 • ALIGNMENT

Consult Your Values: Ask yourself: *"If I responded to this situation as the most grounded, authentic version of myself, what action would I take?"*

STEP 4 • MICRO-ACTION

Commit to One Step: Growth doesn't require grand leaps. What is one small, clear action you can take in the next 24 hours?

HANDOUT: COACHING SESSION PREPARATION GUIDE

Before each of our coaching sessions, review these three questions to anchor your intention and focus:

♦ **What wins, insights, or breakthroughs occurred since our last meeting?**

♦ **Where did I experience friction, hesitation, or resistance?**

♦ **What single breakthrough or clarity do I most want to achieve by the end of today's session?**

Thank you for honoring your personal growth. I look forward to exploring these insights together!

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